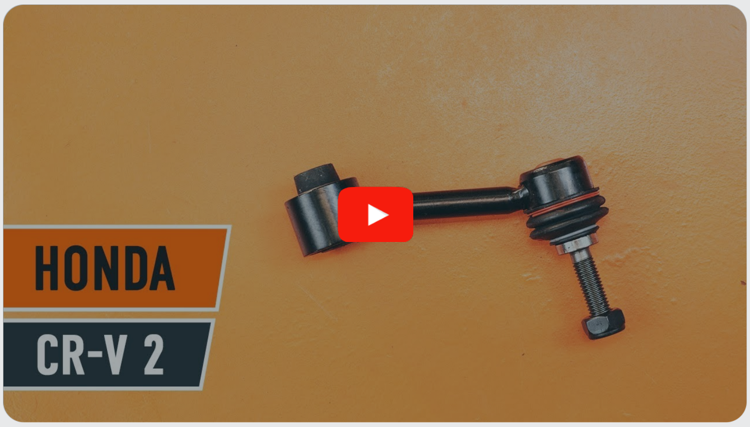
AUTODOC CLUB

How to change rear anti roll bar links on **Honda CR-V II** – replacement guide

VIDEO TUTORIAL



Important!

This replacement procedure can be used for:
HONDA CR-V II (RD_) 2.0 (RD4)

The steps may slightly vary depending on the car design.

REPLACEMENT: ANTI ROLL BAR LINKS – HONDA CR-V
II. TOOLS YOU NEED:



- Wire brush
- WD-40 spray
- Copper grease
- Combination spanner #14
- Combination spanner #17
- Drive socket # 14
- Drive socket # 17
- HEX bit no.H6.
- Ratchet wrench
- Torque wrench

BUY TOOLS

AUTODOC recommends:

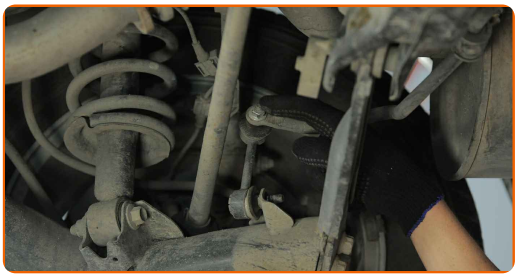
- Replace the stabiliser links on Honda CR-V II in pairs.
- The replacement procedure is identical for both stabiliser links on the same axle.
- Please note: all work on the car – Honda CR-V II – should be done with the engine switched off.

CARRY OUT REPLACEMENT IN THE FOLLOWING ORDER:

1 Lift the car using a jack or place it over an inspection pit.



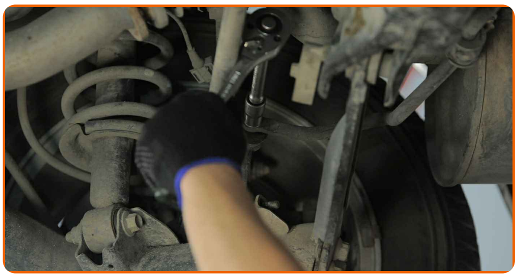
2 Clean the stabiliser link fasteners. Use a wire brush. Use WD-40 spray.



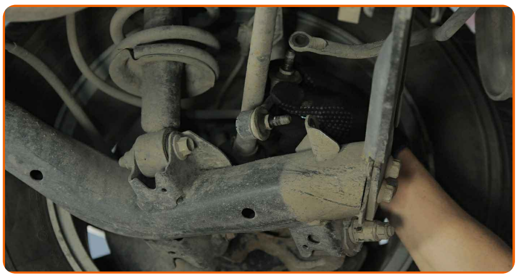
3 Unscrew the fastener connecting the stabilizer link to the control arm. Use a combination spanner #14. Use a drive socket #14. Use a ratchet wrench.



4 Unscrew the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #14. Use a drive socket #14. Use a ratchet wrench.



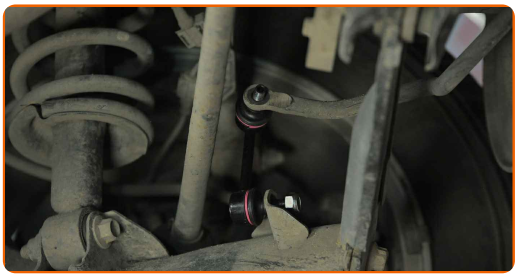
5 Remove the stabilizer rod.



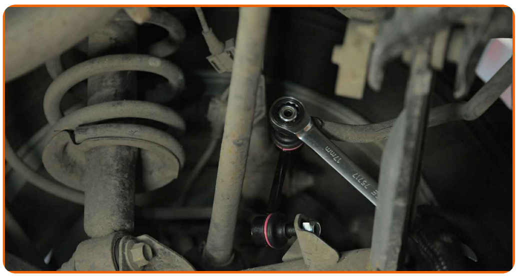
6 Clean the mounting seats of the stabiliser link. Use a wire brush. Use WD-40 spray.



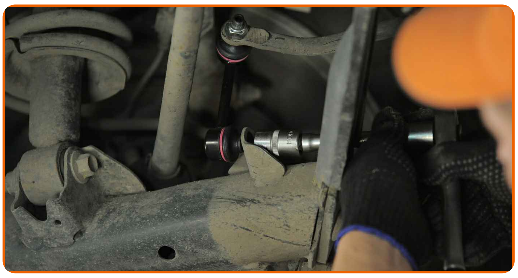
7 Install the transverse stabilizer link.



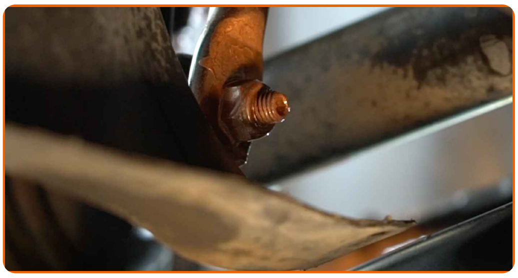
8 Tighten the fastener connecting the stabilizer link to the stabilizer bar. Use a combination spanner #17. Use HEX No.H6. Use a torque wrench. Tighten it to 38 Nm torque.



9 Install the rod fastening to the stabilizer and tighten it. Use a combination spanner #17. Use a drive socket #17. Use HEX No.H6. Use a torque wrench. Tighten it to 38 Nm torque.



10 Treat all joints of the stabiliser link. Use copper grease.



11

Lower the car.



WELL DONE!

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